



Office of Aerospace Medicine Internal Substance Abuse Newsletter



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Internet Site:

<http://faa.gov/avr/aam/isap>

Alcohol Awareness Month

Alcohol Awareness Month is a national effort sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) since 1987, which draws attention to problems associated with the use of alcohol.

The Internal Substance Abuse Program celebrated Alcohol Awareness Month by hosting a slogan contest. Employees provided slogans that relate to alcohol and aviation. We received many responses to the contest. In the end, the slogan that caught our eye was "Alcohol and Aviation -- It Just Doesn't Fly!" submitted by Mr. Joe Anderson from ATB-460. Joe won a snack basket full of treats, and his slogan will be posted on event and promotional materials publicized and disseminated to employees from the Internal Substance Abuse Program.

Alcohol is a disease that includes alcohol craving and continued drinking despite repeated alcohol-related problems, such as losing a job or getting into trouble with the law. Alcoholism includes four symptoms: cravings, impaired control, physical dependence, and tolerance. As an employer with responsibilities for aviation safety, the FAA is especially concerned when the use and abuse of alcohol could affect the safety of the flying public, or work environment of their employees.



Things You Can Try

If you think there might be a link between drinking and some problems you're having, try some of these approaches.

See what happens if you:

- Don't drink at the next party you go to. Do you have fun? Can you fit in?
- Have just one alcoholic drink, then switch to water or soft drinks for the rest of the evening.
- Go out on a Saturday night with people you know who don't drink.
- Take a break from drinking for a month or longer.

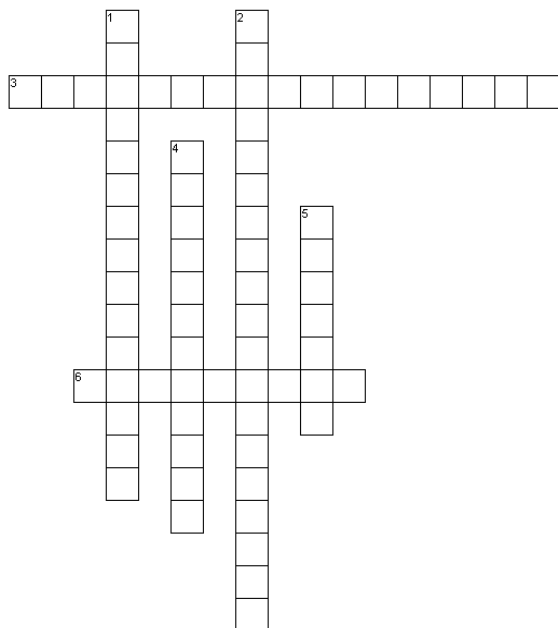
Trying any of these things can help you assess how drinking fits into your life.



Winner Of The Slogan Contest:
Joe Anderson, Manager Surveillance & Weather Requirements ATB-460
The Winning Slogan:
Alcohol and Aviation -- It Just Doesn't Fly!

Alcohol and Aviation -- It Just Doesn't Fly!

Crossword Puzzle



Across

3. Form, used in the drug or alcohol testing process.

6. Street names: Reefer, Stick, Mary Jane, Grass and Pot

Down

1. Management official who assist the collector or BAT on the actual day of testing.

2. Type of testing required when an employee in a testing designated position uses illegal drugs or misuses alcohol on duty.

4. Type of test that occurs after a fatality, serious injury, substantial damage to an aircraft, vehicles and other property.

5. It is the drug that comes from a coca plant?

NATCA/FAA Arbitration Decision

Issue: Comments on Custody-and-Control Form

Prior to the revision of the custody-and-control form (CCF), as a memory jogger, employees were given the opportunity to write their medications on the CCF. The revised form does not allow employees to write medication on the form. NATCA grieved this change.

An Arbitrator denied the grievance filed by NATCA that alleged employees are denied the opportunity to write comments on the drug testing CCF, in accordance with Article 73, Section 12 of the Agreement.

The Arbitrator determined that the drug testing CCF (developed by the Department of Health and Human Services and approved by the Office of Management and Budget) is a government-wide regulated form and not subject to union negotiation. Comments on all copies would conflict with the form's clear instructions.

The Arbitrator also found that the union's remedy (i.e., another form to attach to the CCF) is inappropriate.



We are Pleased to Announce Several New Drug Program Coordinators and One Regional Flight Surgeon

Mack Monds,
Alaska Region, Drug Program Coordinator
Contact Number: 907-271-5423

Sandra L. Johnson,
Aeronautical Center, Assistant Drug Program Coordinator
Contact Number: 405-954-3711

Albert Mack,
Eastern Region, Drug Program Coordinator
Contact Number: 718-553-3303

Nestor B. Kowalsky, M.D.
Great Lakes, Regional Flight Surgeon
Contact Number: 847-294-7491





How Much Is Too Much?

If you drink alcoholic beverages, do so in moderation.

What is Moderation?

Women: No more than one drink a day

Men: No more than two drinks a day

(This limit is based on your weight and body metabolism.)

What Counts as a Drink ...

- 12 ounces of regular beer (150 calories)
- 5 ounces of wine (100 calories)
- 1.5 ounces of 80-proof distilled spirits (100 calories)

(This limit is based on weight and body metabolism.)

Alcoholic beverages supply calories but few nutrients. Alcoholic beverages are harmful when consumed in excess, and some people should not drink at all. Excess alcohol alters judgment and can lead to dependency and many other serious health problems. Drinking can raise the risk for motor vehicle crashes, other injuries, high blood pressure, stroke, violence, suicide, and certain types of cancer. Even one drink per day can slightly raise the risk of breast cancer.

Alcohol consumption during pregnancy increases risk of birth defects. Too much alcohol may cause social and psychological problems, cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart. Heavy drinkers also are at risk of malnutrition because alcohol contains calories that may substitute for those in nutritious foods. If adults choose to drink alcoholic beverages, they should consume them only in moderation and with meals to slow alcohol absorption.

Drinking in moderation may lower risk for coronary heart disease, mainly among men over age 45 and women over age 55. However, there are other factors that reduce the risk of heart disease, including a healthy diet, physical activity, avoidance of smoking, and maintenance of a healthy weight.

Moderate consumption of alcohol provides little, if any, health benefit for people. Risk of alcohol abuse increases when drinking starts at an early age. Some studies suggest that older people may become more sensitive to the effects of alcohol as they age.

If you consume alcohol it is important to know whether your drinking pattern are risky or harmful to your health. The Employee Assistant Program (EAP) has automated a self-test that will provide answers to your questions concerning your alcohol intake. To take the confidential self-test log on to the EAP website at: www.MagellanAssist.com. (Under self-assessment)



Answers: 1) site coordinator, 2) reasonable suspicion 3) custody and control 4) post accident 5) cocaine 6) marijuana